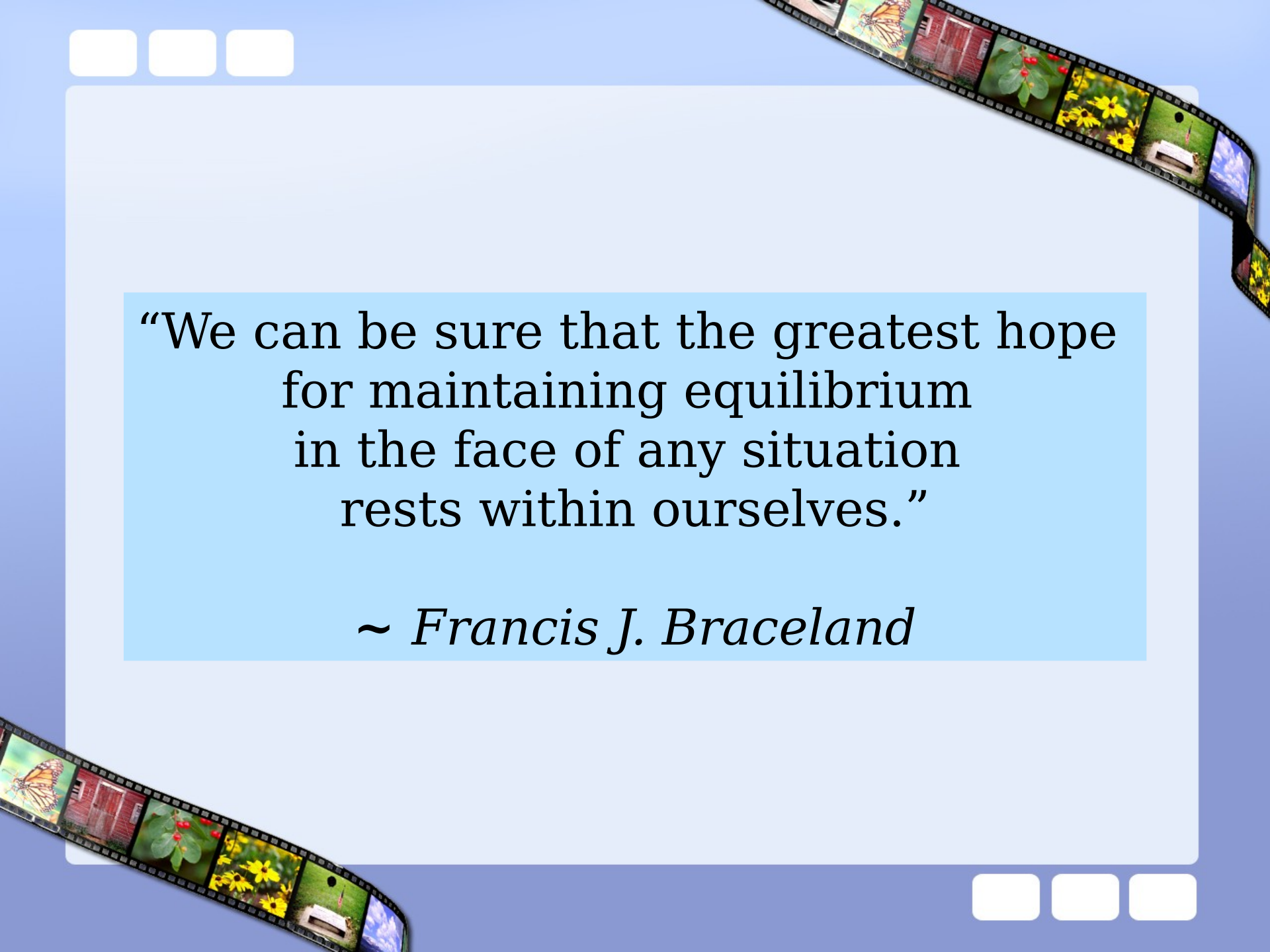




Resiliency Check

*What have you said to
yourself lately?*





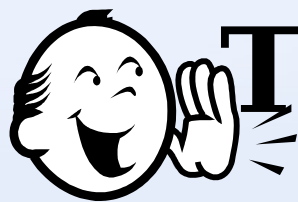
“We can be sure that the greatest hope
for maintaining equilibrium
in the face of any situation
rests within ourselves.”

~ *Francis J. Braceland*

Secrets to staying positive while achieving a healthy weight goal

- Be attentive to your inner voices
 - some people have the company of four or more internal voices
 - our brain can replay conflicting and possibly negative messages about what, and how much, to eat
 - learn to recognize these voices and to put them into perspective





The indulger

The indulger voice can be comforting and convincing. “You deserve it – go for it.” This voice is likely to visit when it has been a difficult or exhausting day. If you listen and follow, you could make food choices you’ll later regret.

The real message the indulger is sending is that you need nurturing, such as more rest, some self relaxation time, or some social support from a friend. Remember to nurture yourself in a way that makes you feel,

“I’m so glad I made this choice.”

(Collins, 2005)

The critic



This unpleasant voice visits many people to detail unhealthy food choices, criticize body shape, point out the neglected, or remind us of all the mistakes made. Some experts report that negative thoughts can result from living with overly restrictive rules.

Studies show that people can go on and off healthy eating plans throughout their lives. If you have lapsed many times, the critic can fill your mind. Rarely do critical voices help us to eat more healthfully in the long-term.

As food rules become too rigid, *the Indulger* is found nearby, ready to offer a sweet treat. If you get down and keep hearing the Critic replay the failures, the Indulger just might insist that it's time for some comfort food ☹

(Collins, 2005)



The rebel

The Rebel pops up to answer the Critic's voice by saying, "Oh, go on, do it anyway." Research shows that people who have created the strictest rules about what, and how much to eat are most likely to rebound into overeating, especially when stressed.

If the Critic speaks to you, *do not rebel*, take a deep breath and admit that you are not perfect. Then reflect on a more realistic and more positive way to improve your nutritional intake and your overall health.

(Collins, 2005)





The victim



The Victim gives you multiple excuses, while whining that you are helpless to make healthy eating choices. The Victim will notice that others are getting another helping, that you never stick to your diet plan, or that you can't possibly eat healthfully while dining out.

When you hear the victim talking, *you must talk even louder and remind yourself that you always have choices!* Remember the 85/15 rule, and make beneficial choices that outweigh negatives. Better choices help you later feel good, and not sad, about your decision. (Collins, 2005)

Tell that negative voice to...



be quiet!

Think back to our session on relaxation and the mind-body connection. Your class assignment that week was to say 3 positive things to yourself every day. The more positive we think the more resilient we become.

Resilience can be learned, so if you stopped practicing saying daily affirmations, please start again 😊



What is resilience?

"Resilience is based on recognizing actual accomplishment, identifying and understanding how we have and can use our strengths, and living a life filled with expressions of our unique 'talents and gifts'" (Henderson, 2002, ¶ 2).

When dealing with stress, we can draw upon on our capacity for resiliency. This capacity includes our personal qualities, attitudes, social support systems, skills, and talents.

For a brief article on resiliency, click on this link:

<http://www.resiliency.com/htm/build.htm>

“Affirmations are like prescriptions
for certain aspects of yourself you want to
change.”

~ Jerry Frankhauser

A Core 4 mantra:

*Balance + Variety +
Moderation + Affirmations =*



Success!!!



References

- Collins, K. (2005, January 7). Get a grip on those inner voices: secrets to staying positive while achieving a healthy weight goal. Retrieved July 12, 2005, from <http://www.msnbc.msn.com/id/6796179/>
- Henderson, N. (2002). The resiliency route to authentic self-esteem and life success. Retrieved July 15, 2005, from <http://www.resiliency.com/htm/build.htm>

Keep up the good work, and call the Wellness Center staff if you would like an individual appointment.

We are Here for You!  ***four***
WEIGHT MANAGEMENT



Stay tuned for next week

- **What's for supper?**
 - **A lesson in planning healthy menus for you and your family.**

